

Physical Education/Physical Activity/Wellness

Resources and Information

TENNESSEE

Blue Cross Walking Works for Schools

<http://www.walkingworksforschoolstn.com/>

CDC Fact Sheet, *The Obesity Epidemic and Tennessee Students*

<http://www.cdc.gov/healthyyouth/overweight/pdf/Tennessee.pdf>

Governor's Council on Health and Physical Fitness

The Governor's Council on Physical Fitness and Health was created in order to address the health and fitness needs of all Tennesseans and to promote healthy lifestyles for the state's citizens. The Council is also charged by the Governor to serve as a clearinghouse for information on health and physical fitness programs and make recommendations for such legislation as may be necessary and appropriate to further their goals.

<http://www2.tennessee.gov/health/healthpromotion/index.html>

Special Olympics Tennessee

Special Olympics Tennessee provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

<http://www.specialolympicstn.org/>

Tennessee Association for Health, Physical Education, Recreation & Dance

TAHPERD is a nonprofit organization for professionals and students in related fields of health, physical education, recreation and dance. TAHPERD is dedicated to improving the quality of life for all Tennesseans by supporting and promoting effective educational practices, quality curriculum, instruction, and assessment in the areas of Health, Physical Education, Recreation, Dance and related fields.

<http://www.tahperd.us/>

Tennessee Education Association (TEA)

<http://www.teateachers.org/>

NATIONAL

Activity Program Directory

This CDC web site is a state-based Physical Activity Program Directory. Click on your state find a list of physical activity and nutrition programs in your area.

apps.nccd.cdc.gov/DNPAProg/StateV.asp

American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)

AAHPERD's mission is to promote and support creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practices.

<http://www.aahperd.org/index.cfm>

American Cancer Society

Generation Fit Action Packet

Improving School Health: A Guide to the Role of the School Health Coordinator

Improving School Health: A Guide to School Health Councils

www.cancer.org

American College of Sports Medicine (ACSM)

<http://www.acsm.org//AM/Template.cfm?Section=Home> Page

American Heart Power

<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

Blue Cross Walking Works for Schools

<http://www.walkingworksforschoolstn.com/>

California Project LEAN

Playing the Policy Game: Preparing Teen Leaders to Take Action on Healthy Eating and Physical Activity

www.dhs.ca.gov/lean

CATCH

<http://www.catchinfo.org/index.html>

Centers for Disease Control and Prevention (CDC)**National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)**

[Division of Adolescent and School Health](#)

[Adolescent and School Health Program Funding Database](#)

[School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide](#)

[Division of Nutrition and Physical Activity Website](#)

[Kids Walk-to-School Program](#)

Coaches Code of Conduct from the National Association for Sport and Physical Education

The effect that a sport coach has on young athletes is apparent in the way the athletes conduct themselves. Although that influence is not always a positive one, the coach-athlete relationship provides an opportunity to help maximize the development of the athlete physically, mentally and social/emotionally.

www.aahperd.org/naspe/pdf_files/pos_papers/coaches.pdf

Disabled Sports USA

Established in 1967, this website offers nationwide sports rehabilitation programs to anyone with a permanent disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events.

www.dsusa.org/

Eat Smart and Play Hard, U. S. Department of Agriculture, Food and Nutrition Service

<http://www.fns.usda.gov/eatsmartplayhard/>

Get Active Stay Active

<http://www.getactivestayactive.com/>

Guidelines on Lightning Safety: A Position Statement from the National Athletic Trainers Association

A position statement from the National Athletic Trainers Association, adapted and reprinted by The National Association for Sport and Physical Education.

www.aahperd.org/NASPE/pdf_files/pos_papers/guidelines_lightning.pdf

Healthy Kids

<http://www.healthykids.com/>

Jump Rope/Hoops for Heart

http://www.aahperd.org/jointprojects_t.cfm

Kid Fit

<http://library.thinkquest.org/4139/>

Kidnetic

<http://www.kidnetic.com/>

Mind and Body

<http://www.bam.gov/>

National Association for Sports and Physical Education (NASPE)

NASPE develops and supports quality sport and physical activity programs that promote healthy behaviors and individual well-being. Educating the American public about the importance of physical education for all children and youth is a primary focus.

www.aahperd.org/NASPE/

National Association of State Boards of Education (NASBE)

The National Association of State Boards of Education web site provides links to selected organizations and resources.

www.nasbe.org/

National Center for Bicycling and Walking

This site helps to create neighbor-hoods and communities where people can walk and bicycle.

The goal is to create an active community environment, which doesn't just mean providing sidewalks, bike lanes and trails, although these will certainly be elements of the overall plan. By creating a community environment, you can look at the broader scope of where there are and aren't opportunities to walk and bicycle safely, easily, and conveniently.
www.bikewalk.org/

National Center for Education Statistics, *Calories In and Calories Out: Food and Exercise in Public Elementary Schools, 2005*
<http://nces.ed.gov/Pubs2006/nutrition/01.asp>

Nutrition and Physical Activity/DNPA/CDC

Nutrition, physical activity, overweight and obesity, programs and campaigns, news and press releases. CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.
www.cdc.gov/nccdphp/dnpa/index.htm

PE Central

<http://www.pecentral.com/>

PE Links Electronic Newsletter

PELINKS4U is a non-profit program of Central Washington University dedicated to promoting active and healthy lifestyles.
www.pelinks4u.org

Physical Activity Fundamental to Preventing Disease

This report from the U.S. Department of Health and Human Services highlights the benefits of physical activity for disease prevention.
aspe.hhs.gov/health/reports/physicalactivity/

Physical Education is Critical to a Complete Education: A Position Paper from NASPE

Physical education plays a critical role in educating the whole student. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful. Quality physical education programs in our nation's schools are essential in developing motor skills, physical fitness and understanding of concepts that foster lifelong healthy lifestyles.

www.aahperd.org/naspe/pdf_files/pos_papers/pe_critical.pdf

Planet Health

Physical Activity and nutrition lessons are woven into existing middle school curriculum. This program is effective in reducing TV viewing time in both boys and girls and decreasing obesity in girls. Planet Health is readily adopted by teachers.

<http://www.cdc.gov/prc/tested-interventions/adoptable-interventions/planet-health-obesity-reduction-school-children.htm>

Recess in Elementary Schools: A Position Paper from NASPE

A Position Paper of the Council on Physical Education for Children And The National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/RecessforElementarySchoolStudents.pdf

Southern District Association of the American Alliance for Health, Physical Education, Recreation, and Dance (SDAAHPERD),

<http://www.aahperd.org/districts/sda/template.cfm>

State Official's Guide to Wellness

<http://www.healthystates.csq.org/NR/onlyres/D48FC4CD-1F7A-4CB6-A5B5-8DBF4ED500CC/0/WellnessSOG2006.pdf>

Take 10!

Physical Activity Program

<http://www.nemours.org/no/filebox/nhps/take10.pdf>

The Educator's Reference Desk

http://www.eduref.org/cgi-bin/lessons.cgi/Physical_Education/

Tobacco-Free Sports Initiative

The web site provides sports initiative materials, such as: The Tobacco Free Sports Handbook, and The Smoke-Free Soccer Coach's Manual.

www.cdc.gov/tobacco/sports

We Can!, National Heart and Lung Institute, Department of Health and Human Services, National Institutes of Health , Ways to Enhance Children's Physical Activity and Nutrition

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>